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Thursday, June 2, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

SAM CLAFLIN IS READY FOR LOVE

Finnick Odair tries out romance in 'Me Before You.' 19

Green-Wood Cemetery becomes a stage. 23

Rosenberg: LeBron is no leader. 26

THE ONE-STOP PICNIC SHOP

New York-based company will deliver all the essentials to a city park — from a blanket and basket for two to a tent and entertainment for 100. 2

UPICNIC

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3 THINGS YOU NEED TO KNOW

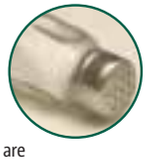
FAMILY SAYS BOY WHO FELL IN ZOO GORILLA AREA 'DOING WELL'

1 The family of a 3-year-old boy who fell into a gorilla enclosure at the Cincinnati Zoo, prompting the killing of the endangered animal in order to rescue the child, said on Wednesday the boy is doing well and suggested donations in the gorilla's name. The family, whose name has not been released by police, said it had been offered money, without specifying what the funds were intended for, but said it would not accept financial gifts. "If anyone wishes to make a gift, we recommend a donation to the Cincinnati Zoo in Harambe's name," the family said in a statement distributed by a spokeswoman. REUTERS

TEXAS RIVER HITS CENTURY HIGH, HOUSTON BRACES FOR FLOODS

2 The Brazos River in Texas surged to its highest in more than a century in an area outside of Houston on Wednesday after floods killed at least six people, damaged hundreds of buildings and turned roads into lakes over the past week. The National Weather Service issued a flash flood watch for large parts of the state, includes sections near Dallas, Fort Worth, Austin, San Antonio and Houston. Storms lasting until the weekend could send even more rivers over their banks, it said. Parts of the Houston area, where eight people were killed by floods that hit in April, could see as much as 10 inches of rain over the coming days, the NWS said. This could tip off another round of floods in the fourth most-populous U.S. city, it added. Houston has activated its emergency operations center and opened evacuation shelters as forecasters warned of a new round of heavy rains and flooding. REUTERS

US MOVES TO REDUCE SALT IN RESTAURANT, PACKAGED FOOD



3 The United States moved on Wednesday to cut the amount of salt in packaged and restaurant food in a bid to reduce the number of heart attacks and strokes linked to consuming too much sodium. The U.S. Food and Drug Administration issued draft guidelines for major food manufacturers and big chain restaurants that are aimed at reducing salt in foods such as soup, pizza, deli meat, dips, hamburgers, baked goods, snack foods and more. The agency's move is aimed at lowering the average American's salt consumption by a third, saying people in the United States consume almost 50 percent more sodium than recommended by most experts. REUTERS

One-stop picnic shop aims to take stress out of outdoor getaways

Upicnic will deliver all the essentials from food to blankets to entertainment, and cleans up afterward.

ANGY ALTAMIRANO
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letters@metro.us

New York in the summer is the perfect opportunity for a picnic in the park. Below, Upicnic items UPICNIC

Upicnic, a New York City-based startup billing itself as the "one-stop shop for picnic experiences," aims to take the stress out of planning an outing and deliver everything from food to entertainment right to the lawns of parks across the five boroughs.

"When you think of the process of having a picnic with your friends, it's not that easy as it seems, especially here in New York," said Marta Antonelli, co-founder of Upicnic. "It's so much work, and it shouldn't be because the idea of a picnic is to go to the park and relax."

Through Upicnic, users sign up via the company's website and fill their basket with all the essentials needed for their event. The user will then specify where they plan to hold their picnic, how many people and what date the event is planned — a minimum of two days is required.

Picnic sizes can range from two to over 100 guests, Antonelli said, but in some cases when the group numbers are large users are required to contact the city's Parks Department to get a permit — which cost about $25 and tends to take between two and three weeks.

The cost ranges from about $50 for two people up to thousands for large parties with entertainment and games.

If anyone is stumped and has questions on certain restrictions or rules at particular parks, the company also offers "picnic experts" to give tips.

"It kind of made sense for the New Yorker lifestyle. No one has a picnic blanket, why would you have a picnic blanket?" Antonelli

Some tips the experts shared include remembering that smoking, alcohol and camping are prohibited at all parks; Central Park has eight designated "quiet zones" including Sheep Meadow and Strawberry Field where special rules apply such as no music; barbecuing is forbidden in most city parks; and dogs must be on a leash of no more than six feet in length at all times.

The experts also suggest that when choosing a spot, select a place that goes best with your particular needs. For example, if you have young children, select a shadier location or if you are looking for some quiet, stay clear of areas prone to tourists.

Antonelli — who is a chef — added that although users can get your typical ham and cheese sandwiches, Upicnic's food options include a variety of sandwiches, salads and drinks, which are all made using organic and locally sourced ingredients.

Users can also choose to rent outdoor games, sports gear, Bluetooth speakers, sunscreen, extra blankets and entertainment, which include a live violin or cello performance.

And the company takes care of the cleanup, too, by giving them notice about a half hour before the picnic ends.

"Not only is there no work required of you, there is also no preparation before, there are no consequences after," Antonelli said. "You show up at the park and the picnic shows up at the park."

According to Antonelli, the concept of Upicnic works great for New Yorkers who tend to not have the time to organize everything needed for a picnic and also don't have the space to store all the necessary items.

"It kind of made sense for the New Yorker lifestyle," she said. "No one has a picnic blanket, why would you have a picnic blanket?"

Upicnic is also looking to help New Yorkers enjoy free events across the city without the hassle of saving a spot. For example, the company is offering to save "the best seats in the house" for the New York Philharmonic concert in Central Park on June 15-16.

Plans are to also offer saved seating during the Bryant Park Film Festival.

"The blanket will be waiting for you," she said.

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Long-vacant LIC building coming back to life as a 'green' tower

The Apple Building will be topped with rooftop park and illuminated apple refurbished from original neon sign.

ANGY ALTAMIRANO
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The long-vacant Apple Tag & Label building in Long Island City will soon be brought back to life with retail and offices topped by a rooftop park and illuminated Apple.

Alma Realty Corp. announced Wednesday that the 213,000-square-foot building located at 30-30 Northern Blvd. would be redeveloped. It's expected to reopen later this year.

The eight-story tower, which sat mostly vacant for decades and according to the New York Daily News once housed a topless club, is expected to be home to new businesses such as technology, media and other creative industries.

The Apple Building will feature a roof deck with benches, plantings and landscaping. ALMA REALTY

"We are investing in this community because Queens is our home and we believe strongly in the neighborhood," said Peter Kosteas, commercial property manager of Alma Realty.

The building will have 7,200 square feet of retail on the ground floor and is expected to feature a park-like roof deck with benches, plantings and landscaping.

$60M
COST OF THE PROJECT

The $60 million project will feature an illuminated apple on the top of the tower, which will be refurbished from the original iconic neon sign that topped the building.

"In a matter of months, the building will become home to what we envision as a world-class group of tenants who will enliven and enrich the community as well as provide further economic development to positively impact the whole area," Kosteas said.

The site — located near eight subway lines and 12 bus lines — is expected to be a green building with an anticipated LEED (Leadership in Energy and Environmental Design) certification and will also offer bicycle racks to encourage employees to ride their bikes to work.

Tenants of the building will also have access to a full-service fitness center and office terraces — featuring LED motion sensor lighting — on the sixth and seventh floors.

"Long Island City is definitely on the march," Kosteas said. "The once great and glorified heritage of the Queens Plaza corridor and greater Long Island City as a home to top-tier businesses is being restored and Alma Realty is proud to play a role in that effort."

NYPD: Brooklyn teen fatally shot while babysitting cousin

The NYPD is investigating the fatal shooting of 16-year-old girl who was killed Tuesday night as she took care of her young cousin in Brooklyn.

Police responded to the call of one shot fired inside a sixth-floor apartment on Brooklyn Avenue, according to authorities.

Upon entering the apartment, cops found Shemel Mercurius semi-conscious with multiple gunshot wounds to her body, police said.

Emergency personnel took the teen to Kings County Hospital where she was pronounced dead.

According to the New York Daily News, Mercurius — who moved to Brooklyn from Guyana four years ago — had been babysitting her 3-year-old cousin during the time of the shooting.

Brooklyn Avenue GOOGLE MAPS

The teen shared the apartment with her aunt and cousin, the Daily News reported, and had allegedly been with her boyfriend while watching the toddler.

Police are currently looking for Mercurius' boyfriend to question in regards to the incident, according to the Daily News. ANGY ALTAMIRANO

RIKERS BAIL

Queens man spends five months in Rikers unaware his bail was only $2

A Queens man who spent five months in prison found out later that his bail had been set at $2 the whole time, but a missed court date resulted in that figure being raised.

Aitabdel Salem, 41, was put in Rikers Island after a Nov. 21, 2014, arrest for allegedly attacking an NYPD officer who was apprehending him in relation to a coat theft, the New York Daily News reported. Salem was unaware that prosecutors could not get an indictment related to the police assault, which carried a $25,000 bail, and he was ordered released on that charge one week later.

Salem, though, still had dollar bails set on charges of tampering and mischief, bringing his total bail amount to $2, the Daily News added. Judges may set dollar bails if they believe a defendant's existing bail on other charges is sufficient; this was apparently not revealed to Salem.

A view of buildings at the Rikers Island penitentiary complex. GETTY IMAGES

"[Salem] was shocked and dismayed and frustrated that his case was unconscionably mishandled and there was no communication by his attorney telling him his bail was $2, which he could have made at any moment," one of Salem's new attorneys, Glenn Hardy, was quoted by the Daily Mail.

After Salem realized the fluke and made bail in April, 2015, he failed to be present for an arraignment in May of that year and was subsequently charged with bail jumping, the Daily News stated. His attorneys said Salem was unaware of the court date and presented a letter marked "return to sender" to show that he did not receive the information from the court.

"You can't do what you don't know, and if you're a defendant in a criminal case, you certainly have a right to rely upon the system what your next court date is," Salem attorney Theodore Goldbergh was quoted by the Daily Mail.

Because of the missed court date, Salem was returned to Rikers Island on $30,000 bail, according to the Daily News. He remains in custody and also faces tampering and mischief charges related to allegedly disabling a subway MetroCard machine in 2014.

JASON NUCKOLLS

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NYPD: Video shows woman wanted for trying to abduct toddler in Brooklyn

The suspect allegedly grabbed the child's hand and started to walk away with her.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

The NYPD is asking for the public's help in identifying a woman they say tried to snatch a toddler in Brooklyn over the weekend as the child was playing outside.

On May 28 at about 9:50 a.m. the woman approached a 2-year-old girl near 16th Avenue and 80th Street, according to police.

The woman then took the child by her hand and started to walk away with her, authorities said. The toddler's mother, who was also outside, saw the woman walking away, went up to her and took her daughter back.

The suspect then kept walking away as if nothing had happened, police said.

The child was not injured during the incident.

Police describe the alleged abductor — who was caught on video crossing a street and standing on the corner — as an Asian woman with black hair and who was last seen wearing a red and white plaid shirt and was carrying a black bag.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

A still from the video NYPD

The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then enter TIP577.

Fake Uber driver robs woman in Manhattan, remains at large

A woman who thought she was in a hired car was robbed and threatened by the driver before she was able to flee from the vehicle on Park Avenue.

Around 1:30 a.m. on Saturday, May 15, a woman got into a vehicle that she believed was a car she requested near the corner of Mangin and East Houston streets, police reported.

The woman had used the Uber app on her phone to request the ride, the New York Daily News added.

As the victim was being driven up FDR Drive in the suspect's black four-door sedan, she realized that they were not headed toward her residence, police stated.

As the driver passed the 96th Street exit, he demanded money from the victim while threatening to shoot and sexually assault her, according to authorities. The victim complied and gave him her property.

Sketch of the suspect NYPD

After the car exited into northern Manhattan, the victim escaped while they were stopped at a red light at Park Avenue.

The suspect drove away with the victim's iPhone, wallet, $20 in cash, a jacket and a pair of gold earrings, police added.

The suspect was described by police as a black man in his 30s with short hair and a beard.

Anyone with information should call the NYPD's Crime Stoppers at 1-800-577-TIPS or, for Spanish, 1-888-57-PISTA. The public can also submit tips by logging onto the Crime Stoppers website at nypdcrimestoppers.com. JASON NUCKOLLS

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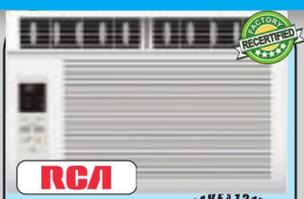

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METS AND MADOFF

NY Mets owners reach revised deal with Madoff trustee

The owners of the New York Mets baseball team have reached a revised agreement with the trustee seeking to recoup money for the victims of Bernard Madoff's fraud that gives them more time to pay up to $61 million, the parties announced on Tuesday.

The deal came four years after a group including brothers-in-law Fred Wilpon and Saul Katz, the owners of the Mets, reached a settlement to pay a maximum of $162 million as a trial in federal court in Manhattan was set to start in a lawsuit by trustee Irving Picard.

The lawsuit had accused the group of turning a blind eye to the fraud by Madoff, whose Ponzi scheme was uncovered in December 2008, a claim they denied. Wilpon and Katz had invested with Madoff for roughly 25 years. Now 78, Madoff pleaded guilty to fraud in March 2009 and is serving a 150-year prison term.

Picard has recovered or reached agreements to recover roughly $11.14 billion, more than three-fifths of the $17.5 billion of principal he has said customers of Bernard L. Madoff Investment Securities LLC lost.

Under the original 2012 deal's formula, the amount owed by Wilpon, Katz and their partners at Sterling Equities was reduced as Picard made payments to victims..

REUTERS

Police: Woman dragged, knocked out during violent weekend robbery

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The suspect PROVIDED

When the victim regained consciousness her cellphone was gone and her underwear was down to her knees.

ANGY ALTAMIRANO
@MetroNewYork
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Police are looking for a suspect they say violently attacked a woman over the weekend during an alleged robbery.

On May 29 at about 2:20 a.m., the suspect — described as a 25-year-old black man — approached the 30-year-old victim from behind near East 18th Street and First Avenue, according to authorities.

The man then placed the woman in a chokehold and dragged her to the floor, police said. When the victim attempted to fight back, the man allegedly punched her in the face numerous times, ultimately knocking her out.

Once the victim regained consciousness, cops said, the suspect was gone and she noticed that her cellphone was missing and her underwear had been lowered to her knees.

Emergency personnel took the victim to Beth Israel Hospital to be treated and evaluated.

Police have released surveillance video of the alleged attacker entering what appears to be a building.

Authorities described the suspect to be between 5 feet 7 inches and 5 feet 10 inches tall, 150 pounds and with a beard.

He was last seen wearing a black T-shirt, dark colored pants and a yellow metal chain around his neck.

Got info?

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then enter TIP577.

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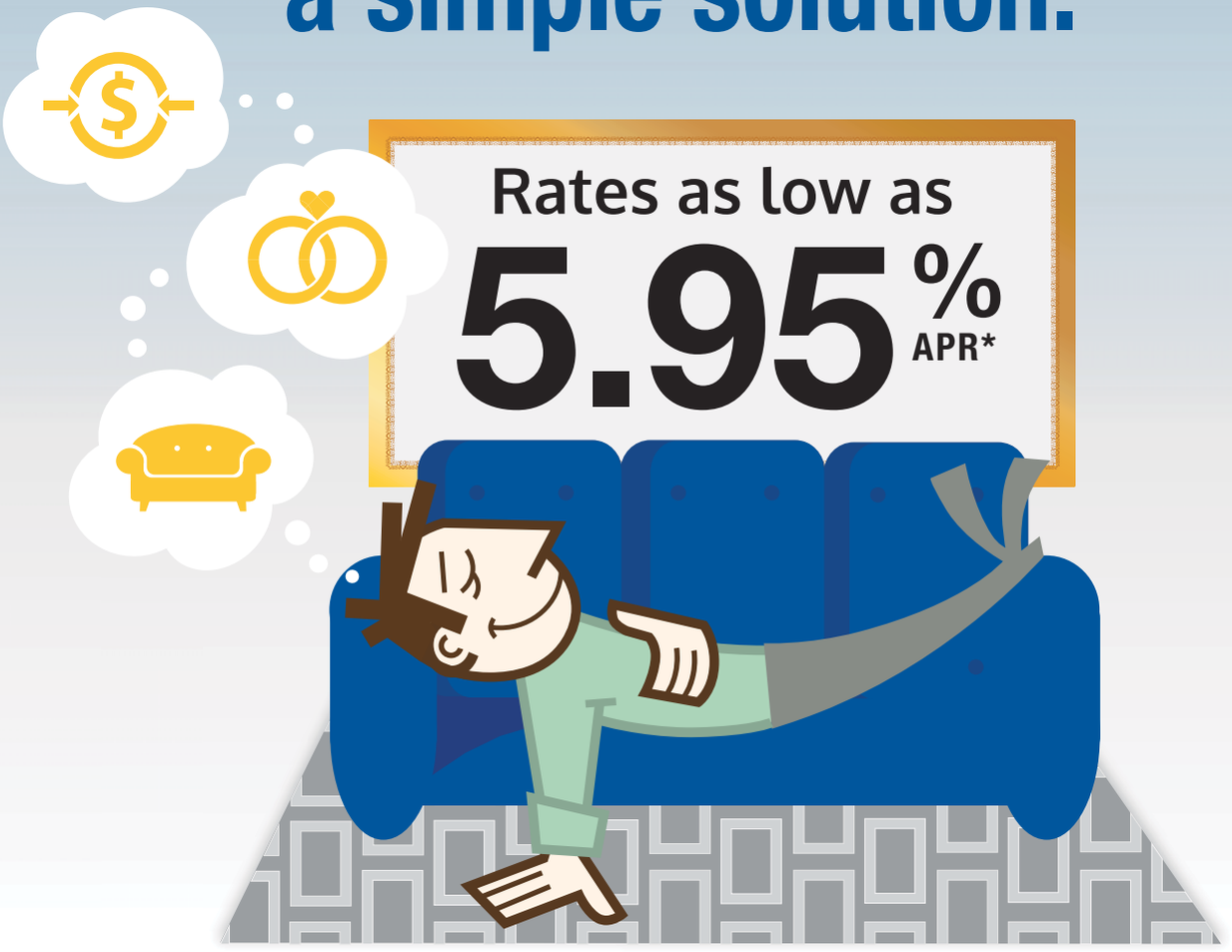

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Battling to hold off Sanders, Clinton to assail Trump on foreign policy

Clinton is to deliver what her campaign described as a major speech in San Diego.

Hillary Clinton GETTY IMAGES

Hillary Clinton's campaign signaled plans for a big assault on Donald Trump even as she battles to hold off rival Bernie Sanders in California.

The effort to define Trump as unfit to be commander-in-chief comes as Clinton faces fierce opposition from Sanders, a senator from Vermont who has insisted on staying in the fight for the Democratic presidential nomination despite Clinton's nearly insurmountable lead.

California's June 7 primary is shaping up to be pivotal in the Democratic contest, with Clinton holding a 13-point advantage over Sanders, 51 percent to 38 percent, according to the Hoover Institution's Golden State Poll in the state.

Clinton, with 2,312 delegates, needs 71 delegates more to reach the required 2,383 for the Democratic nomination. Sanders has 1,545. At stake in the California primary are 548 delegates that are awarded proportional to the vote. Five other states also vote on June 7, including New Jersey, which could also turn the tide for Clinton.

Despite Clinton's perceived advantage, there are lingering concerns among some Democrats about possible weakness given the protracted battle with Sanders, a democratic socialist whose calls for free college tuition have energized young voters.

Doug Schoen, a Democratic pollster, wrote in The Wall Street Journal on Thursday that California appeared to be trending toward Sanders in recent days. REUTERS

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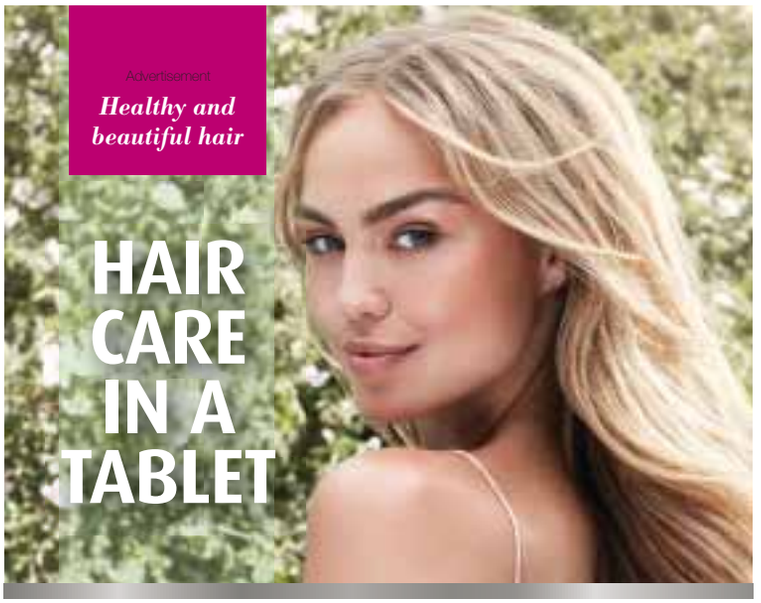

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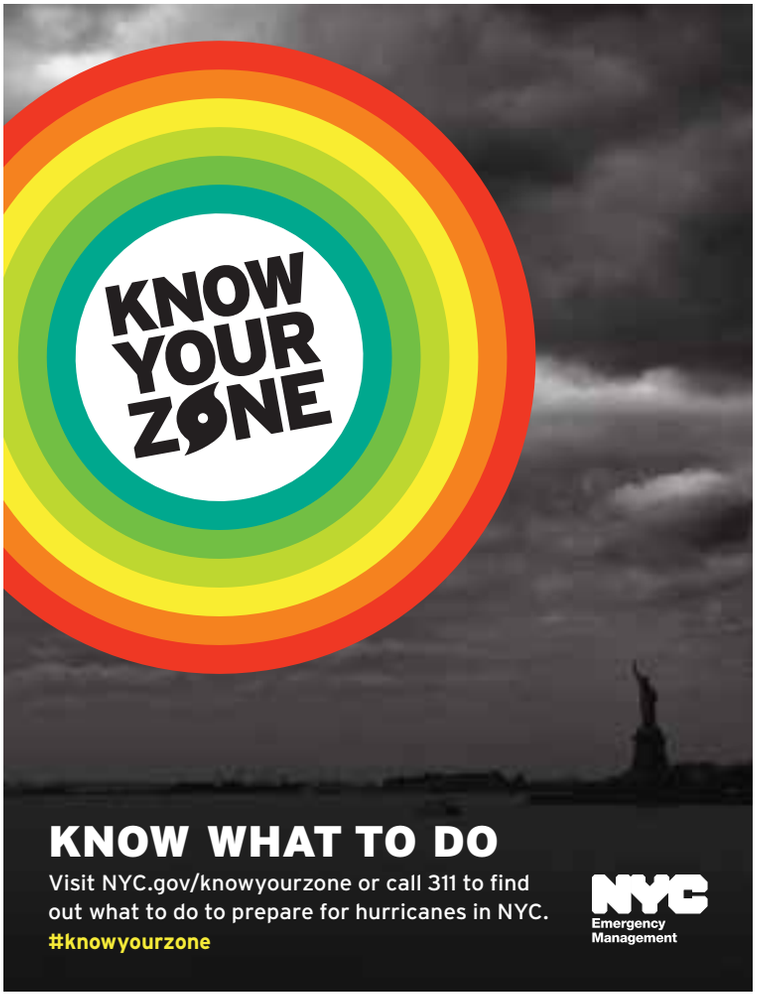
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Murder-suicide kills two at UCLA, shuts down campus

The shooting created a stir as police approached the scene fearing the shooter might still be active and university officials ordered the campus locked down.

A Los Angeles Police Department rescue van at the University of California's Los Angeles campus on Wednesday. GETTY IMAGES

A murder-suicide killed two people at the University of California, Los Angeles on Wednesday, shutting down the campus for two hours as officers in camouflage and tactical gear responded to reports of a shooting.

Los Angeles Police Chief Charlie Beck confirmed one man shot another and then himself in the engineering building and that police recovered a gun at the scene.

"There are no suspects outstanding and no continuing threat to UCLA's campus," Beck told reporters without offering further details about the victims.

Police recovered what may turn out to be a suicide note, Beck said.

President Barack Obama was briefed aboard Air Force One and he asked his team to keep him updated, White House spokesman Josh Earnest said.

After several tense hours, university officials announced classes would resume on Thursday.

At least three city blocks leading into the campus were filled with dozens of emergency vehicles. Officers with rifles, bulletproof vests and helmets surrounded the area.

An armored car was parked in the middle of one intersection, and helicopters clattered overhead.

UCLA, with more than 43,000 students, is in the Westwood section of Los Angeles and one of the more well-regarded schools in the University of California system, known for its successful sports program.

"I couldn't believe it happened at UCLA," said Sam Zheng, 38, a researcher who was working in the engineering building at the time of the shooting. "I just want to go home. I don't want to stay here."

Engineering student Aaron Feigelman said he received a text message alerting him to an emergency and entered an adjacent building, where he and five others took refuge for 90 minutes.

"We just bolted out of there and ran up to the seventh floor," Feigelman said. "We tied the bathroom door hinges with belts to keep the door closed because there were no locks. And we just waited. It was really scary."

REUTERS

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- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
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Mount Sinai Heart

Fed records show dozens of cybersecurity breaches

The Federal Reserve Building in Lower Manhattan GETTY IMAGES

The Federal Reserve detected more than 50 cyber breaches between 2011 and 2015, with several incidents described internally as "espionage," according to Fed records.

The Fed's computer systems play a critical role in global banking and hold confidential information on discussions about monetary policy that drives financial markets.

The cybersecurity reports, obtained by Reuters through a Freedom of Information Act request, were heavily redacted by Fed officials to keep secret the central bank's security procedures.

The Fed declined to comment, and the redacted records do not say who hacked the bank's systems or whether they accessed sensitive information or stole money.

"Hacking is a major threat to the stability of the financial system. This data shows why," said James Lewis, a cybersecurity expert at the Center for Strategic and International Studies, a Washington think tank. Lewis reviewed the files at the request of Reuters.

The records represent only a slice of all cyber attacks on the Fed because they include only cases involving the Washington-based Board of Governors, a federal agency that is subject to public records laws. Reuters did not have access to reports by local cybersecurity teams at the central bank's 12 privately owned regional branches.

The disclosure of breaches at the Fed comes at a time when cybersecurity at central banks worldwide is under scrutiny after hackers stole $81 million from a Bank Bangladesh account at the New York Fed.

Cyber thieves have targeted large financial institutions around the world, including America's largest bank JPMorgan, as well as smaller players like Ecuador's Banco del Austro and Vietnam's Tien Phong Bank.

REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the Downtown Medical in New York City. "*The same holds true for treating knee arthritis pain. I believe we are having so much success at Downtown Medical because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

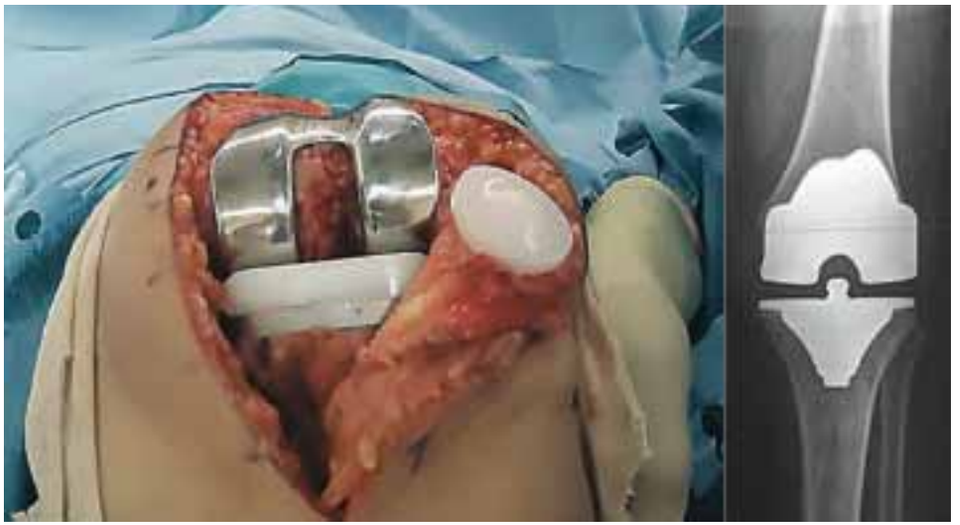
For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at Downtown Medical use advanced imaging technology called a "C-Arm."

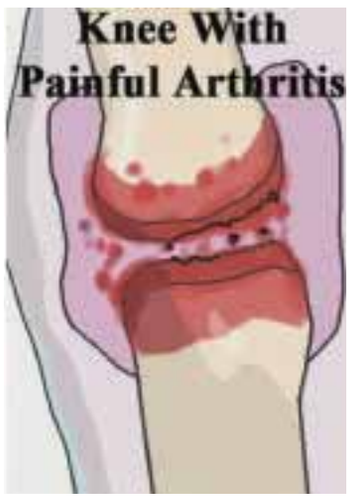
A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Downtown Medical New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Downtown Medical.

Downtown Medical is a state of the art medical facility offering only the best technology.

And that's not all - Downtown Medical has a complete knee relief program called "P.AC.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.AC.E program.

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Aetna • Cigna • Empire • Oxford • Ghi • 1199
Blue Cross Blue Shield & others
EZ payment plans and financing also available

Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. Downtown Medical uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at Downtown Medical can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments and the P.AC.E program are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At Downtown Medical

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give Downtown Medical a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Downtown NYC Medical
65 Broadway, NYC

Med. Director: Gazelle Craig, D.O

the word

Megan Fox is taking advice from her fetus

We all heed various signs from the universe, whether it's taking a chance because your horoscope predicts luck or hiding at home and waiting for Mercury to move out of retrograde. Megan Fox gets advice from her unborn child.

"I feel like you receive messages from the child if you're open to it," the "Teenage Mutant Ninja Turtles" star tells Jimmy Kimmel on his late-night show. "This baby wanted me to live somewhere else so we're moving to a whole different place in Los Angeles because I feel like that's where this baby wants to be raised."

Before you scoff that a fetus could have a mystical connection to the geography of L.A., Fox isn't taking its advice out of pure maternal instinct. "This baby is also telling me that it's kind of like a Werner Von Braun or Elon Musk, like a supergenius," she continued.

Kimmel, grabbing for any thread of logic to reel back the interview, was reduced to siding with Fox's two under-5 children on the issue of breast-feeding being weird. Everyone was a winner here.

ALL PHOTOS GETTY IMAGES

Who's Drake's new woman?

Does Drake have a new love interest? The "Hotline Bling" rapper was reportedly "getting cozy" at his Memorial Day bash this past weekend with 19-year-old model Hailey Baldwin. On Tuesday night, the pair further fed rumors when they went out for a night on the town in Los Angeles — hitting up Ysabel for dinner, followed by The Nice Guy in West Hollywood.

A source told E! Drake and Hailey are "just friends, nothing romantic is happening with them at all" and added, "Drake has a certain type, and Hailey is not really his type."

Well, even if they are "just friends," who knows where it will lead? And you can't knock Hailey for knowing her type. She's definitely shown a predilection for music superstars imported from Canada. The daughter of actor Stephen Baldwin also dated singer Justin Bieber.

Chris Brown gives haters the cold shoulder

This weekend, hip-hop and R&B singer Chris Brown reportedly threw down a whopping $30,000 for a birthday party for his 2-year-old daughter, Royalty (yes, that is indeed her name), according to TMZ. The "Frozen"-themed bash took place in Los Angeles and featured a rhinestone-studded cake, dressed up characters from the film and even a grand entrance on a pony. Brown, who is on tour, was unable to attend the party himself. Later on, he took to Instagram to address the haters who have been criticizing him for his lavish spending. On Wednesday, Brown posted a photo of the gifts he bought for Royalty to his social media account, along with the caption: "You can call me 'ghetto' for spending money on my daughter but along with these material things which have no possible values to teach humility, self confidence and equality, I also will be spending twice as much on her education, Health, and development as a YOUNG WOMAN!" We can only imagine what Royalty's sweet 16 is going to look like. Someone get us on the invite list, please.

Kris Jenner didn't let Caitlyn dress up around the house

The rules were strict for Caitlyn in the Jenner household. In a new interview with AOL's Makers, Caitlyn Jenner opened up about rules ex-wife Kris put in place during their marriage. At home, she was not allowed to dress as a woman.

"I respected that and kind of kept it away but it was always there," the "I Am Cait" star said.

On the road, however, Kris said Caitlyn was welcome to dress as she pleased. In the interview, she said she did just that for years in an attempt to "deal with it."

Despite the enforced dress code, the two now seem to be on good terms.

@lenadunham2h
How hard is it to become a notary public and/or licensed wildlife rehabilitator? Asking for the delusional 70 year old inside of me.

@robcorddry
My waiter just told me I can't lift weights in this restaurant. Jealousy is an ugly emotion.

@rainnwilson59m
I like to sing "Hello, Goodbye" by the Beatles & substitute the word Aloha for both Hello and Goodbye.

@joshgroban
Plans for today: 1. Watch boats 2. Send gifs

@brielarson
Must go to sleep before someone at work sees I'm still talking to strangers about dogs in papooses. Ya'll are awesome. Night!

@charlieputh
I did Pilates class with my mom today and my whole body is sore.

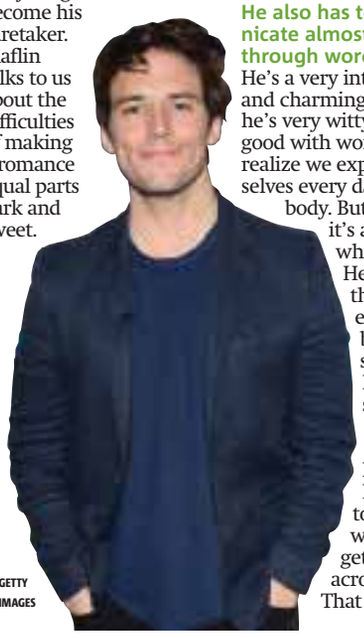
In "Me Before You," Emilia Clarke plays a young woman hired as caretaker to a man (Sam Claflin) who was left paralyzed by an accident. WARNER BROS. PICTURES

Sam Claflin has it rough

The actor had to rein himself in physically and emotionally as a paralyzed man in "Me Before You."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

"Me Before You" may look like a simple romantic drama — a British Nicholas Sparks knockoff about the love between a young working class woman (Emilia Clarke) and a man paralyzed from the neck down (Sam Claflin). But it can get pretty heavy. Claflin feels that way, too. The British actor, best known as Finnick Odair in the "Hunger Games" films, had to rein himself in both physically and emotionally, playing a character whose accident has left him bitter and maybe suicidal, plus at least initially resistant to the young woman who's become his caretaker. Claflin talks to us about the difficulties of making a romance equal parts dark and sweet.



GETTY IMAGES

Your character doesn't start off in a very happy space. He's let his hair and beard grow, he wears frumpy clothes. But before he cleans up he still almost looks like Lord Byron.

I loved being able to hide under all the baggy clothes and long hair and the beard. The only problem was if one of the hairs went on a little trip across my face it was impossible for me to [swats]. That's the harsh reality of filming something like this. I struggled mostly with little moments like that, those little things I had to stop myself doing instinctually. I was constantly reminding myself, "Don't move, don't move, don't move." It became very difficult not to use my body. When she was crying I wanted to reach my hand out to comfort her. It was very, very difficult to maintain.

He also has to communicate almost entirely through words.

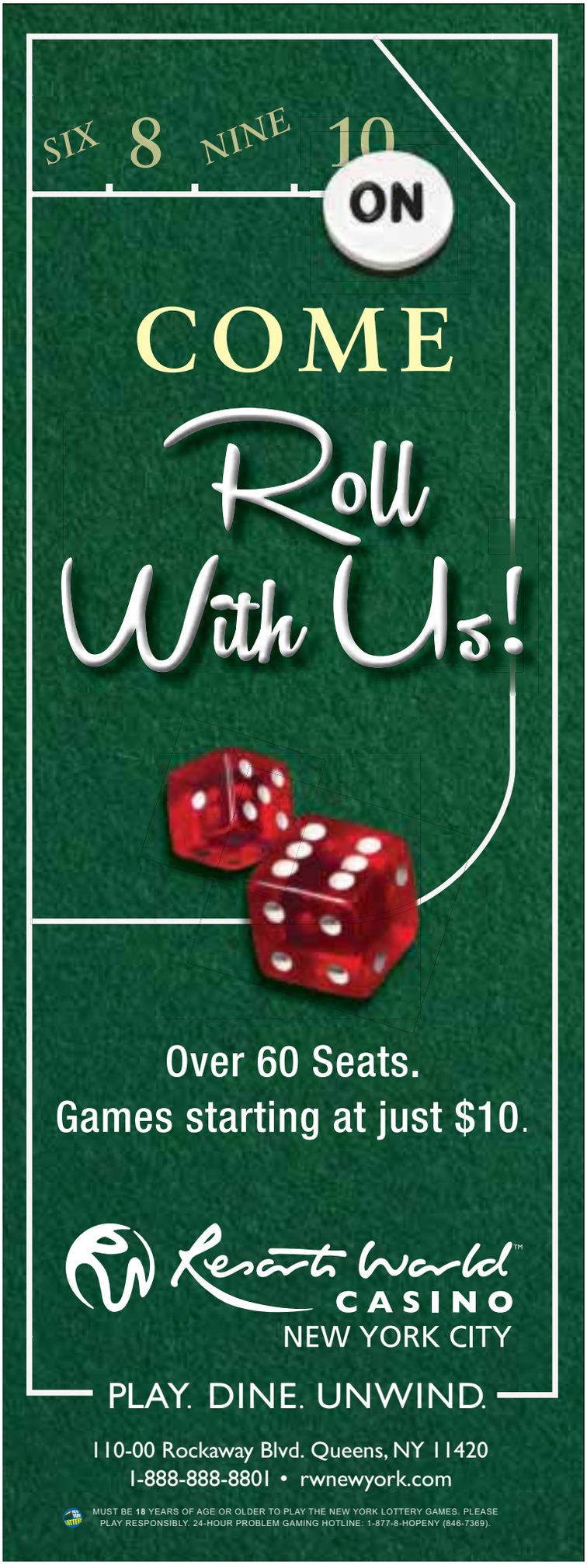
He's a very intelligent and charming man, and he's very witty. He's very good with words. You realize we express ourselves every day with our body. But for him it's all about what he says. He has to think about everything before he says it, and he often says things that cut people in half. He's had to learn to use his words to get his point across quickly. That was one of the big challenges for me, because I'm not great with words. [Laughs] It was that aspect of his character, the intelligent side of him, that I struggled to find.

Were there any other things you had to do that were taxing?

I lost a lot of weight. It was important to me that he looked weak and frail and not well. I think I lost about 3 ½ stone [49 pounds] in three months. When we were rehearsing I was eating 500 calories and training three times a day. So I had no energy. [Clarke] would walk into the rehearsal room and I'd be curled up on the sofa, shivering, almost crying to myself. It was my decision. I spoke to a few people who were going through something similar and they said everything they went into hospital they lost weight because the food was so bad. So I did the weight loss thing — not to the extremes of Christian Bale of Matthew McConaughey. And that, too [laughs], was very challenging.

This sounds like a rough job.

Honestly, not only was this job physically challenging, but mentally and emotionally draining, too. There was one day I came home and I climbed into bed and started crying. My wife was like, "What's wrong?" I was like, "I'm just thinking about Will's bedtime routine." He'd start his routine at 6 and eventually get into bed at 10. Whereas I just hop into bed. It was little moments like that — things we take for granted.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It's in the bag

Our fave bands share their must-have gear for festival season. CHLOE TSANG

For these bands, a summer playing music festivals comes jam-packed with demanding performance schedules, unpredictable weather and all-terrain situations they need to be prepared for. We chatted with some of our favorite touring artists and asked them for the packable items they can't live without this year.

ALL PHOTOS GETTY IMAGES

Sam Lee (Magic Man):
My No. 1 festival must-have is an external battery charger for my phone — it's the difference between wandering around aimlessly looking for people you know and knowing when your favorite band has their set time changed. Another supercool rock star festival essential is baby wipes. Sometimes you just need to take a baby wipe shower in the corner of your green room to feel like a human being again.

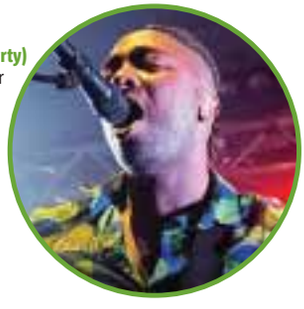
St. Lucia
Great sunglasses: Your sunglass game better be on fleek because you know everyone else's will be. And a strong stage fan: Yes, it's true, I use a fan on stage because I sweat A LOT and I like to look at least 5 percent like Beyoncé.

James Bay
Find yourself some sort of incredible rain poncho. Nobody wants to drag an umbrella round all day, that's just annoying. Stay dry in style, kids.

Z Berg (Phases):
Sunscreen, snacks, shoes you can walk and dance in, a willingness to roll with the punches, a tenacious will to live, walkie talkies and coconut oil. May the force be with you.

Børns:
I think my festival essentials are always working with the elements. A lace shirt is a good way to take full advantage of a breeze if it's a hot day. Also Harmless Harvest Coconut water is my jam.

Kele Okereke (Bloc Party)
I always like to take ear plugs to festivals and a toilet roll because I'm not about doing a No. 2 at a festival and there being no toilet roll ... ewww!



Ricky Young (The Wild Feathers):
Most people would say you need things like sunglasses and sunscreen lotion, but that's really boring. It's essential to take a devil-may-care attitude. Have as much fun as possible and take it as it comes.

Lonnie Angle (Cardiknox):
It's always vital to have a big-ass bottle of water, comfortable shoes, SPF 30 and some rocking sunnies.

Eliot Sumner
Festivals where I come from tend to get rain. It's essential to bring a picnic shelter if you don't want your sandwiches soggy.

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Don't think girls can't hold their own in "World of Warcraft." BLIZZARD ENTERTAINMENT

The rise of female game designers

JENNA BUSCH

Geek Girl in Hollywood

Jenna Busch takes on the way pop culture snubs its female fans. For more columns, visit metro.us/jenna-busch, as well as her site, Legion of Leia. (legionofleia.com)

This weekend, I read a bunch of articles about something that made me really happy. According to a 2015 survey by the International Game Developers Association, we have a lot more female game designers than we used to. In fact, the number has doubled in the past seven years. Women are enrolling in video game design courses in large numbers. Girls are being encouraged to take on coding. Marvel has been hosting contests for female inventors. The number of female gamers has just surpassed the number of male gamers. (Go ahead and make the argument that they're mobile games. Tell me that as I'm killing it in "Call of Duty" or raiding in "World of Warcraft.")

I'm someone who was personally affected by Gamergate, enduring constant harassment about how "girls don't play video games" and how we would all make games with "unicorns and puppies and shopping." (These are actual quotes from messages I received.) So I find these changes interesting. It made me think about what the Gamergate campaign was actually trying to accomplish — and how it actually did the opposite. They didn't scare women away from the gaming community; in fact, they made us more determined to be a part of it.

Isn't it strange that most hate campaigns end up having the opposite effect? Weirdly enough, spewing anger and the publicity it gets ends up bringing awareness to an issue. Once people start talking, eventually logic prevails. Well, most of the time. It's like popping a balloon: All the hate rushes out, and you're forced to look at an issue from all sides. Even people who didn't know anything about gaming heard about this.

Now, Gamergate totally sucked. All of us women (and some men) who spent months dealing with threats and harassment didn't exactly enjoy it. But look at what's happening. Over the past year, I haven't heard a single person tell me that I "don't look like a geek," or seem surprised when my boyfriend says I kick his butt in "Mortal Kombat." I've talked to little girls who want to design video games, and there are more and more of them at every convention.

So, to all my gaming girlfriends: Make that game. Make it about sword-fighting, military battles, elves and orcs, or unicorns that shop at stores run by puppies. Code on, ladies! Give me more games to play!

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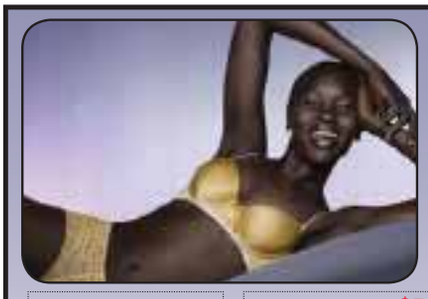

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The beer bar serves 10 brews on tap. ALL PHOTOS EVA KIS

things to do

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Eat how you want at Union Fare

Union Square gets a sort-of food hall.

EVA KIS
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In terms of size, Union Fare is more food hall than restaurant.

The Union Square-adjacent mega-project spans all 28,000 square feet of the decommissioned Barnes & Noble at 6 E. 18th St., comfortably fitting in a classic cocktail bar as well as a more modern tavern-style one devoted to beer, a raw bar, charcuterie station and a cafe-wine bar, all surrounding a main dining room.

But instead of being a collection of separate venues, Union Fare provides a choice of ambiance to complement your meal.

"We didn't divide them up like Eataly or Le District," says development director Jonathan Goldberg. "Anywhere that there is food production, you can get it in the whole restaurant."

The overall effect is a space intended to make anyone feel welcome, from the tech workers around the corner looking to grab an after-work drink or residents looking for a more upscale dinner.

Even with seating there are options, between more casual high tables to barstools (yes, the counters are plenty wide enough for eating on) and traditional four-top tables clustered beneath a constellation of Edison bulbs. Reservations are available — the restaurant officially opens for service tonight — but there are dedicated areas for walk-ins, too.

The restaurant-wide menu is contemporary American that has undergone a lot of changes as chefs came onboard and were given a chance to pursue passion projects. Goldberg says former Catch baker Thiago Silva was wooed with the promise of his own bakery (coming later this month next door to the restaurant, along with a food market). He's also making the restaurant's desserts as well as the sweet and savory options offered at the grab-and-go cafe, which serves La Colombe coffees (including draft lattes) until 4 p.m., when it turns into a tapas and wine bar.

But the overall concept is contemporary American with a goal to "taking dishes that are unhealthy and making them healthy," explains Goldberg. That means you'll still find a steak, flash-fried chicken and mashed potatoes on executive chef Yvan Lemoine's menu, but also touches of experimentation with vegetables from the nearby greenmarket. Succulents — the plants for those who forget they have them — can be found thickening sauces and even sweetening dishes, and the raw bar's cocktail sauce will get its sweetness from beets instead of ketchup.

"Where a lot of restaurateurs will control everything," Goldberg says, "we really let the leash out a little bit because we really wanted these guys to play to their strengths."

Enter the cafe on 17th Street. After 4 p.m., it becomes a wine and tapas bar.

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Heed the summons of "The Great American Casket Company" member Kate Gunther. KELLY KLEIN CALLOWAY PRODUCTIONS

Death doesn't have to be a bummer

A new Green-Wood Cemetery show takes a deep dive into the afterlife.

EVA KIS
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eva.kis@metro.us

The universality of death doesn't mean it gets much airtime in our cultural dialogue. So Green-Wood Cemetery commissioned a play about the afterlife as another way of starting a conversation about it.

The result is "The Great American Casket Company," a new immersive theater production premiering tonight on the grounds of the cemetery.

"We scratch at the surface of mortality and what that is," explains John Egan, 33, a member of Bread Arts Collective, the theater troupe that created the show. "What is to leave a legacy and be remembered."

Sounds like heavy stuff, until you get the premise: The Casket Company is taking the audience (limited to 75) on a tour of the cemetery as a sales pitch for afterlife services to guarantee a cushy oblivion. "There's a little bit of symbolism," Egan deadpans. "We're not trying to be too profound or too heavy-handed; we're trying to entertain."

Sure, there have been other performances at Green-Wood. Last June, visitors were transported into "Dark Wonderland," which turned the grounds into the world of Lewis Carroll's Alice. But "The Great American Casket Company" takes its cues from its "stage."

"We essentially went into Green-Wood and used it as our inspiration to create an entirely original piece for the cemetery," Egan explains. "We just wanted to let it tell us what to make there."

And death is not all there is to it. Though established as a cemetery in 1838, Green-Wood's distinctive geography and expansive green space once made it the country's second most popular tourist attraction and inspired the creation of Central Park.

"It was a place where people went to picnic," he says. "Oddly enough, people used to throw parties in their own mausoleums."

Just as there's more to Green-Wood than graves, the show uses death as a jumping-off point to explore what it means to live a good life, and if you've done that part right, what happens after you're gone.

"The Great American Casket Company" begins at the soaring gothic entrance gate on 25th Street and Fifth Avenue — "you feel like you're walking into 'Lord of the Rings,'" says Egan — where visitors become part of a roving production that incorporates some of the cemetery's most famous landmarks, as well as some puppetry and live music.

After each show, the audience is invited to stay for a reception to reflect with the cast, with music and refreshments by Brooklyn's alternative-event planners Modern Rebel & Co.

"Like the cemetery, there are so many interesting layers of sadness and celebration and remembrance and mourning [to death]," Egan says. "We're just trying to kick up the dust a little bit on some of that stuff."

If you go

The Great American Casket Company
June 2-26
Thursdays-Sundays, 7 p.m.
Green-Wood Cemetery
500 25th St., Brooklyn
$75, green-wood.com

Listings

MOVIES

Brian De Palma

Through June 23
Metrograph, 7 Ludlow St.
metrograph.com
His name has been synonymous with violence, Hitchcock ripoffs and "Scarface." But there's always been more to Brian De Palma. In advance of Noah Baumbach and Jake Paltrow's career-spanning doc "De Palma" (out June 10), the Metrograph runs through his entire CV, which boasts maligned efforts ripe for (re)discovery ("Body Double," "Raising Cain," "Femme Fatale") plus odd ducks, like his early comedies.

MUSIC

BAM R&B Festival

June 2-Aug. 4
MetroTech Commons, 10 Metro-Tech Roadway, Brooklyn
Free, bam.org
Established and emerging musicians come together each year for this festival, which now includes gospel, jazz, soul, funk and more in addition to R&B. This summer's free outdoor performance series includes Zapp, the Hallelujah Train, Ladies Sing the Blues and the Fat Afro Latin Jazz Cats.

BURLESQUE

"Quintessential: Purple Rain"

June 2-3, 8 p.m.
The Kraine, 85 E. Fourth St.
$30-$40, horsetrade.info
There's only one right way to grieve Prince, and it's by going to see people take their clothes off to the soundtrack of "Purple Rain." This new performance series will stage iconic albums in their entirety through the lens of burlesque.

ARTS

Stars in the Alley

June 3, 12:30-2:30 p.m.
Shubert Alley b/w Broadway and Eighth Ave. and 44th and 45th sts.
Free, broadway.org
This best-of-Broadway past and present show presents over 30 free performances in Shubert Alley, hosted by Sean Hayes ("An Act of God") and Mo Rocca.

DRINKS

Total LIC Immersion

June 4, noon-7 p.m.
LIC Bar, 45-58 Vernon Blvd.
$25, brooklynbrewery.com
Brooklyn Brewery knows the way to get you to explore more of NYC on hot summer days is by giving you great deals on some of the best local food and drinks. That's what it's been doing for six years with Total Immersion, which targets new nabes each month. For $25, you get a beer from LIC Bar, Corner Bistro, Gantry Bar & Kitchen and Woodbines, plus free lunch and discounts along the way.

PARTY

No Scrubs '90s Dance Party

June 2, 8 p.m.
Highline Ballroom, 431 W. 16th St.
$15, highlineballroom.com
Bask in middle school nostalgia, but this time with less acne, at the Highline Ballroom's dance party featuring the last hits of the last millennium, from TLC to Britney Spears, Boyz II Men to Nirvana.

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DATING

"Tinder Live!"

June 4, 8 p.m.
The Bell House, 149 Seventh St.
$15, thebellhouseny.com
You probably know what Stacy London of "What Not to Wear" would say if she saw your closet. But can she dish out dating advice? Find out at "Tinder Live!" when she becomes one of the "guides" helping Lane Moore find true love — or at least avoid a big mistake — as she swipes onstage.

CONVENTION

Coffee Con NY

June 4, 9 a.m.-4 p.m.
Industry City, 233 37th St., Brooklyn
$23-$45, coffee-con.com
If you've got a tolerance for caffeine or just don't mind not sleeping for a few days, head over to this daylong conference bringing together aficionados for over 20 classes, workshops and the chance to taste dozens of roasts.

FLOWERS

Rose Garden Weekend

June 4-5, 11 a.m.-4 p.m.
New York Botanical Garden
2900 Southern Blvd., Bronx
$25, nybg.org
The Peggy Rockefeller Rose Garden is home to more than 600 varieties of the blooms, and this weekend is your chance to see them at their peak. Browse the garden at your leisure with a drink in hand or learn more about it on a guided tour as harpists and cello players perform among the roses.

ARTS

"Night of a Thousand Judys"

June 6, 8 p.m.
Kaufman Music Center
129 W. 67th St.
$45-$500, aliforneycenter.org
Comedian Justin Sayre is paying star-studded tribute to celebrate Judy Garland, all to benefit the Ali Forney Center for homeless LGBT young adults. Performers are bringing their best in skits and songs for this sixth annual show, featuring Alice Ripley, Carol Lipnik, Nathan Lee Graham and more.

FILM

Dinner and a Movie

June 8, 8 p.m.
Berg'n, 899 Bergen St., Brooklyn
$12, brokelyn.com
Here's how this new film series works: First you grab dinner from Berg'n vendors (with $2 off drafts), then watch a film (starting with the magician drama "The Prestige"), then hear an expert discuss what you watched (first up: professor Geoff Klock of BMCC-CUNY, an expert in comic books, poetry, film and British literature). You'll leave fully satisfied from a gastronomical, creative and intellectual standpoint.

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How to see Africa by boat

See more of the continent on a cruise.

Fodor's Travel

Visiting Africa can be an exciting — if somewhat daunting — proposition, with 50-plus nations full of wondrous wildlife, transporting landscapes and fascinating culture. A hassle-free cruise is an excellent way to sample the continent by exploring Africa's lengthy coastlines and numerous isles. Just be forewarned: Africa cruising options are largely the domain of luxury cruise lines, which means they won't come cheap. ELISSA GARAY

Ironman athletes set off from the beach at Nelson Mandela Bay in Port Elizabeth, South Africa. GETTY IMAGES

Botswana

Set out to explore a lesser-known slice of Africa aboard the 28-passenger Zambezi Queen, a plush vessel with floor-to-ceiling windows, airy staterooms with private balconies and an outdoor pool deck that doubles as a perch for wildlife viewing. River cruise line AmaWaterways runs a series of nine-night "cruisetours" here between March and November, combining a four-night safari-themed cruise on the Chobe River in Botswana, with a three-night land-based stay in Cape Town, as well as two nights on the ground in Victoria Falls in Zimbabwe. On the cruise, look out for excursion highlights like a full-day 4x4 safari in Botswana's Chobe National Park and a cable car ride up to Cape Town's Table Mountain.

South Africa, Namibia & Mozambique

Plan ahead for holidays to truly remember aboard luxury Crystal Cruises' 922-passenger Crystal Symphony. This epic 16-night journey in December 2017 will take in the best of South Africa (at Cape Town, Richards Bay, Durban, East London and Port Elizabeth), along with stops in Mozambique (at Maputo) and Namibia (at Walvis Bay and Luderitz). Excursion highlights include a helicopter tour above South Africa's soaring Drakensberg mountains.

Botswana, Namibia & Zimbabwe

Riverboat operator CroisiEurope will introduce its first African cruise itinerary in fall 2017, aboard a new luxury vessel that will navigate shallow sections of the Chobe and Zambezi rivers in Botswana, Namibia and Zimbabwe. On board, just 16 passengers enjoy eight balcony-trimmed deluxe cabins, as well as a panoramic restaurant, lounge and rooftop patio. CroisiEurope's eight-night cruise-and-land itineraries will pair five nights aboard the riverboat, with an additional three nights in one of two new CroisiEurope-owned luxury lodges in Namibia (the base for an excursion to Victoria Falls). The cruise route will emphasize wildlife viewing and cultural immersion.

Seychelles

Chances are you've already fantasized about the beaches of the Seychelles, whose pristine, palm-fringed shores have graced the covers of glossy travel magazines. A cruise is an ideal way to uncover the many hidden lures and charms of these far-flung isles. Greek-owned Variety Cruises runs seven-night sailings here year-round, aboard the recently renovated 44-passenger M/Y Pegasus motor yacht. Cruising round-trip from Mahe, the boat stops at different island locales each day, with highlights like Praslin, site of the UNESCO-protected Vallee de Mai Nature Reserve; the famous nearby Cote d'Or beaches; or Curieuse Island, home to some 250 giant tortoises. Back on deck, enjoy open-air barbecues or seaside pampering at the minispa.

South Africa, Mozambique & Namibia

Leave the kitchen hassles behind this Thanksgiving and set out on this 15-night sail with upscale Regent Seven Seas. Cruising round-trip from Cape Town on Nov. 16, 2016, guests aboard the newly renovated, 490-passenger Seven Seas Navigator will trace the coast of South Africa (with stops in Mossel Bay, Richards Bay, Durban, East London and Port Elizabeth), as well as dip into Mozambique (at Maputo) and Namibia (at Walvis Bay). The line's all-inclusive fares bundle in lots of extras, too, like round-trip airfare and three-night pre- or post-cruise land-based extensions.

South Africa, Madagascar & more

British-owned Voyages of Discovery offers enrichment-focused sailings, with a smattering of African voyages highlighted each year. Their one-off 14-night cruise coming in March 2017 is a combined voyage to select African islands with calls along South Africa's coast. Kicking off in Mauritius, guests will have a chance to visit the islands of Reunion and Madagascar, before swooping along coastal South Africa, with safari-primed stops in Richards Bay (gateway to Hluhluwe-Imfolozi Park) and Port Elizabeth (close to Addo Elephant National Park), as well as in bustling multicultural cities like Durban and Cape Town. Onboard the 540-passenger Voyager, guests can enjoy guest speakers and workshops with professional photographers.

African Islands

Set off to cruise Africa's Indian Ocean islands aboard upscale Ponant's 264-passenger Le Lyrial. Embarking in April, the line's new 15-night expedition leaves from mainland South Africa at Durban to tour several rarely visited island destinations in Madagascar, the "Scattered Islands" and the Seychelles, where it ultimately disembarks. En route, head out on expert-led tours of nature reserves.

LeBron has made it to the NBA Finals seven times in his career but has so far only won it all twice. GETTY IMAGES

LEBRON THE LEADER STILL RINGLESS, STILL A FEW STEPS BEHIND JORDAN

SID ROSENBERG

OPINION

Sid Rosenberg co-hosts 'The Bernie and Sid Show' on WABC in New York. You can reach him on Twitter @SidRosenberg

In the endless debate of who the greatest basketball player to ever play the game is, LeBron James will forever be compared to Michael Jordan. It's inevitable.

Both players have dominated the competition during their respective generations, but the one knock on LeBron up to this point in his career is that he has only managed to win two NBA championships.

With the Cleveland Cavaliers' 4-2 series victory over the Toronto Raptors, LeBron is heading to the NBA Finals and in the process has accomplished something that even Jordan never did in his career. This will be the sixth consecutive year that LeBron has appeared in the NBA Finals (Game 1 Thursday, 9 p.m., ABC).

LeBron joins Bill Russell, Sam Jones, K.C. Jones, Tom Heinsohn, Bob Cousy, Frank Ramsey, Bill Sharman, and Tom Sanders as the only players to ever play in six consecutive Finals. What needs to be noted here is that LeBron has gone to the finals six straight times with two different teams. Russell, Jones, Jones, Heinsohn, Cousy, Ramsey, Sharman and Sanders were all part of the remarkable 1950s and '60s Boston Celtics teams when they reached the NBA Finals more than six straight years.

This being said, will this achievement hurt or help LeBron's legacy? You can argue that because LeBron has not lived up to the expectations in regards to actual championship wins that this will hurt his legacy. He has gone to the championship round six straight times and has only won twice. LeBron also passed Jordan in career playoff wins this postseason, which means that Jordan was able to win four more championships while winning less games. Don't get me wrong, LeBron's career has been nothing less than stellar, but at times — specifically in crunch time — he has failed to execute.

Jordan had the killer instinct and his competitiveness was unlike any athlete we have ever watched, and at times it does not look like LeBron has these traits. Before games you can see LeBron goofing with his teammates, dancing and performing handshakes with them, and that's all fine. But that is what sets Jordan and LeBron apart.

There was no bologna with Jordan.

Jordan went out there to beat you by any means necessary. It wasn't about filling up the stat sheet or throwing down an acrobatic dunk and flexing to the cameras. It was about dominating the opponent physically, mentally and acting like a leader in the game — during timeouts and in the locker room.

I don't know if LeBron will ever realize what he needs to do to take the next step in being a leader. And here's else something to remember: When LeBron actually won his two championships he was not the leader. LeBron was a leader, but the Heat were Dwyane Wade's team and Wade was undoubtedly the Batman and LeBron the Robin in terms of leadership.

The 2016 NBA Finals is going to be a turning point in LeBron's career. This is not Kevin Love's Cleveland Cavaliers. This is not Kyrie Irving's Cleveland Cavaliers. This is LeBron James' Cavaliers, and if he wants to put himself back in the conversation with Jordan he is going to need to lead his team to a championship.

FANTASY BASEBALL: ADVICE ON CLOSING THE GAP IN STANDINGS

KYLE BISHOP

OPINION

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.

Aaron Nola types are long-gone, so it's time to get creative. GETTY IMAGES

With Memorial Day in the rearview mirror, many fantasy owners are staring up at their rivals in the standings and feeling the pressure of falling behind. If you're among them, here are some tips to help you close the gap.

Review the numbers

When looking at your roster, it isn't always easy to tell where your strengths and weaknesses lie. For instance, you may have several players with high averages or double-digit home run totals, but if they did the bulk of their damage before landing on your roster, that isn't going to be reflected in your team's results. Using the tools available on each of the major platforms, you'll be able to see the accumulated stats for your team (and every other one), as well as each individual player's production while on the roster. Determine where your team isn't getting it done, and focus your efforts on shoring up those areas. You can also look at where your rivals are vulnerable and use this as leverage. Perhaps you match up well with another team on a potential deal. Maybe multiple contenders have the same need and can be played off of one another in trade negotiations. You might even be able to anticipate a rival's waiver or trade targets and head them off.

Scour the waiver wire

The early-season breakouts (think guys like Jackie Bradley Jr. or Aaron Nola) are long gone, but that doesn't mean you can't find quality on the wire. You'll just need to work a little harder. Use splits to uncover players who've been playing well in recent weeks who might be buried in the rankings due to slow starts. Get creative if necessary; most players who are free to add have some sort of shortcoming, but pairing them with another guy or playing matchups can help you extract every bit of value from them. Don't be afraid to keep a few spots at the back of your roster designated solely for streaming hitters on a hot streak or pitchers who are going against weak lineups.

Take risks

Making upgrades on the margins may not be enough to overcome the hole you've dug for yourself. If the situation is truly dire, you may need to enact some drastic measures. Trade for or pick up any underperforming stars you can. Throw caution to the wind and grab any player on a hot streak, even if it's obvious that they can't keep producing at that level. The further behind you are, the more risk you should be assuming. You're going to need a lot to go right over the next few months to get back into the race, and the sooner you place your bets, the sooner you'll be able to start climbing through the ranks.

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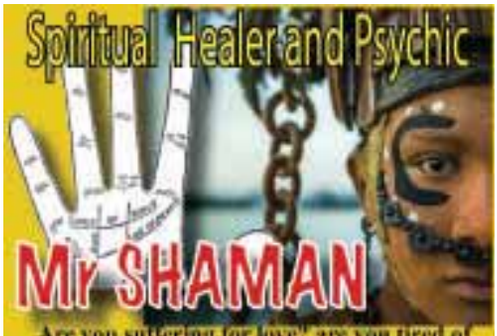

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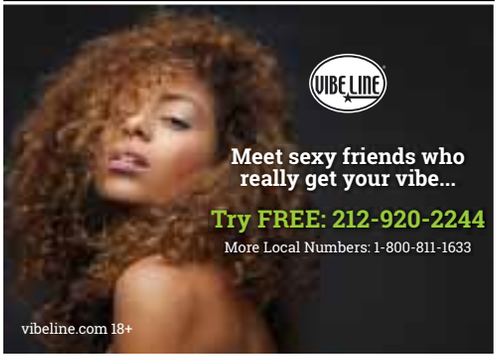

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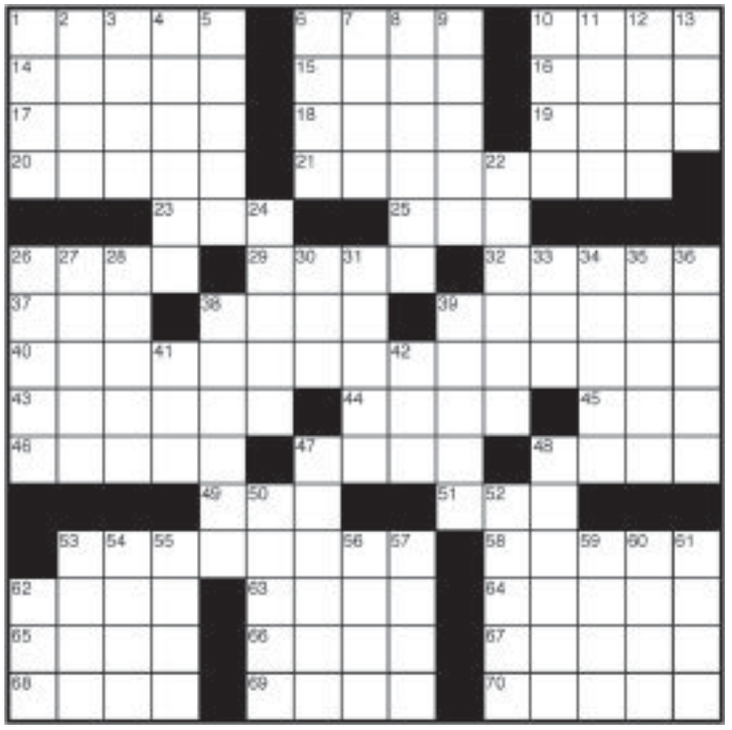

Across

1 Tornado finder
6 Faction
10 Music notation
14 Olfactory stimulus
15 Bryce Canyon locale
16 Let fly
17 Silver bar
18 Trey topper
19 Wrist-to-elbow bone
20 Steel plow inventor
21 Conspiring with (2 wds.)
23 Pale blond
25 Frat-party delivery
26 Ocean compound
29 Sign on a diner
32 Wrestling's Hulk —
37 Bracket type
38 Ad award
39 Kind of zone
40 Tough it out (3 wds.)
43 Ladle's go-with
44 Reunion attendee
45 Dunk
46 Flat
47 Endangered trees
48 Sure thing
49 Pony up
51 Ostrich kin
53 Like a maiden would
58 October stones
62 Were rivals
63 Bogus butter
64 Rome's Via —
65 Cato's year
66 Patch
67 Japanese-American
68 Loch — Monster
69 Ancient colonnade
70 Asian capital

Down

1 Plunder
2 "Rule, Britannia!" composer
3 Venetian ruler
4 Like science
5 Hourly fees
6 Whirling dervish, e.g.
7 Short jacket
8 Make watertight
9 Mid-afternoon
10 Engine sound
11 Doozy
12 Sea eagle
13 Gator Bowl site
22 Horrified
24 Captive of Paris
26 Mudpuppies' kin
27 Kayak user
28 Nurse — Barton
30 Freshen
31 Kind of eclipse
33 Again and again
34 Crystal-filled rock
35 Some lobbies
36 Dryad
38 Twitters
39 Good judgment
41 Util. bill
42 Sing wordlessly
47 Grommet
48 Affluent type
50 Quark habitats
52 Ghostly noises
53 Motion picture
54 Chicks' moms
55 Fusses
56 Former late night host
57 The Force was with him
59 Lhasa —
60 "Instead of" word
61 Iceboat feature
62 Delivery vehicle

metro.us/sudoku

easy

	3			5			7	
	8		1	3		6		
			7			5	9	
	2			1				7
		3	4		7	2		
8				6			5	
	1	8			5			
		7		9	6		1	
	5			4			2	

hard

			6					2
	1	4			2	6		
			4		3	8		7
		1	9				5	
		3	2		6	1		
	8				1	2		
1		9	5		8			
		8	7			5	4	
6					4			

metro.us/horoscopes

Aries Take on a challenge that will motivate you to get in shape and aim for a healthy lifestyle. A commitment to making personal improvements will lead to happiness.

Taurus Get involved in talks that will bring about change at work or in your community. Being a participant will put you in a good position both socially and professionally.

Gemini Don't let other people limit you. If you do your own thing, you'll bring about the changes that are in your best interest. Don't follow the crowd or give in to peer pressure.

Cancer Be brave and show off your nature. Do what works best for you. Move things around until your living space accommodates your lifestyle. An emotional request will be fulfilled.

Leo Don't let anyone play mind games with you. Stick to the truth in order to deter anyone trying to guilt you into doing something you don't want to do.

Virgo Knowledge and experience will work in your favor. Set up a meeting, interview or an important talk with someone you need on your team. Don't give in to selfish demands.

Libra Plan to have some fun. A brief trip or a change to your surroundings will give you a new lease on life. Don't let anyone pressure you into doing something unsafe.

Scorpio Your kindness, generosity and unusual insight will pay off. If you volunteer to help, it will lead to a better position. Apply for a job that intrigues you.

Sagittarius Keep your life simple and avoid getting into a dispute with someone looking for a fight or trying to make you look bad. Focus on self-awareness.

Capricorn Don't feel pressured to make an impulsive move. Use your intelligence, integrity and experience, and follow through with your plans at your own speed.

Aquarius Pay attention to matters concerning your home, family and personal life. Make physical changes that will add to your confidence and make your domestic situation more convenient.

Pisces If you share your ideas with a former colleague, you will get the necessary help to turn your dream into a reality. A romantic situation will disappoint you. EUGENIA LAST

Yesterday's answers

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